

and Oakton
Vienna
CONNECTION

Teaching a Love of Music

NEWS, PAGE 8

Laurenn Lee practices in front of the class at the Summer Strings Camp; at age 11, she has been playing the violin for six years.

Minority-Owned Businesses Prosper In Fairfax County

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Vienna Woman Follows A Slippery Slope

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EDUCATION
LEARNING FUN
PAGE 11

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SCHOOLS

Northwest FCU Awards Scholarships to Area Students

In recognition of their achievements in school, at home and within their communities, Fairfax county residents Chris Batistatos, Kristina Brant, Stephanie Carpio, Morgan Conover, Timothy Corey, Ann Dobrenz, Robin Falci and Alisha Sindhvani were among 26 college students to receive a combined \$115,000 in scholarships from Northwest Federal Credit Union Foundation. The Foundation has two scholarship programs: The Ben DeFelice Scholarship, which presented \$5,000 each to 20 students; and the Central Intelligence Retirees Association (CIRA) Scholarship, which awarded \$2,500 each to six students.

Ann Dobrenz, who received a CIRA Scholarship, is a 2009 graduate of James Madison High School, lives in Vienna and attends the University of Virginia. The other seven Fairfax County recipients were awarded the Ben DeFelice Scholarship:



PHOTO CONTRIBUTED

Stephanie Carpio, Alisha Sindhvani, Chris Batistatos, Robin Falci and Morgan Conover are among the local winners of the 2012 Ben DeFelice Scholarship awarded by the NWFCU Foundation.

❖ Chris Batistatos, of Vienna, is a 2012 graduate of James Madison High School and will attend the University of Virginia.

❖ Kristina Brant, of Burke, is a 2012 graduate of Thomas Jefferson High School for Science and Technology and will attend the University of Chicago.

❖ Stephanie Carpio, of Centreville, is a 2010 graduate of Westfield High School and attends Northern Virginia Community College

❖ Morgan Conover, of Falls Church, is a 2012 graduate of George C. Marshall High School and will attend Syracuse University.

❖ Timothy Corey, of Reston, is a 2009 graduate of Seton Home Study School and attends North Georgia College and State Univer-

sity.

❖ Robin Falci, of Herndon, is a 2012 graduate of Herndon High School and will attend James Madison University.

❖ Alisha Sindhvani, of Oak Hill, is a 2012 graduate of Thomas Jefferson School for Science and Technology and plans to attend Columbia University Fu Foundation School for Engineering and Applied Science.

"These scholarships are a way of supporting the educational pursuits of tomorrow's leaders while at the same time recognizing the valuable contributions these students are already making to their communities," said Gerrienne Burks, Chairman of the NWFCU Foundation and President/CEO of NWFCU.

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Local Minority-Owned Businesses Prosper

Companies generate more than \$1 billion in revenue and provide more than 1,000 jobs.

BY VICTORIA ROSS
THE CONNECTION

Businesses owned by Hispanics, African-Americans and women shine in Fairfax County, according to the latest national rankings for largest or fastest-growing companies.

"Fairfax County is proud to be a community in which companies of all descriptions can and do succeed to a greater extent than in the rest of the region, the state or the country," said Gerald L. Gordon, president and CEO of the Fairfax County Economic Development Authority, which supports and monitors the growth of local businesses.

Eleven Fairfax County-based companies are among the 500 largest Hispanic-owned businesses in the nation based on revenue—more than the total in 40 states, according to a recent report by HispanicBusiness.com. The Fairfax County companies are among 22 from Virginia on the 2012 Hispanic Business 500 list.

Together these companies generated \$655 million in revenue and employed more than 3,000 workers in 2011, according to Hispanic Business. Five Fairfax County-based companies are on the 2012 Black Enterprise (BE) magazine list of the 100 largest African American-owned companies in the U.S. The 2012 BE 100 Industrial/Service list appeared in the June 2012 issue of the magazine. Those five companies generated \$613 million in revenue and counted more than 5,000 employees in 2011, according to Black Enterprise.

Only seven states have more companies on the BE 100 list than Fairfax County. In addition, Fairfax County has more minority-owned firms than 21 states and the Dis-



The staff of Helios HR in Herndon, one of Fairfax County's thriving women-owned businesses: (Back row, from left) Stephanie Eberhart, Andrea Parker, Sarah Smith, Ellyn Krause, Judy-Ann McKenzie, Kathy Albarado, Stephanie Kotch, Stacey Holst (Front Row, from left) Natalie Oddenino, Michele Wooding, Dean Klein, Amy Levin-Murchie.

trict of Columbia, according to the U.S. Census Bureau.

Fairfax County is also on the cutting-edge when it comes to women-owned businesses. According to the Women Presidents' Organization (WPO), a peer-advisory group for multimillion-dollar women-owned businesses and American Express OPEN, the small business division of American Express, two Fairfax County-based companies made the 2012 list of the 50 fastest-growing woman-owned/led companies in North America.

Kathy Albarado, CEO of Helios HR in Herndon, launched her human resources

consulting firm in September 2001. She said she has seen steady growth and support for women-owned businesses in the past decade.

An award-winning business executive, Albarado was recently named Lady Fairfax by the Fairfax County Board of Supervisors and was a top finalist for the Fairfax Chamber's woman-owned business executive award in 2011.

"I feel fortunate that I live and work in a community so very supportive of entrepreneurs and growing businesses. There is a strong spirit of collaboration in Fairfax County supported by the Chambers, our

Fairfax County's Minority-Owned Business Rankings

Listed below are the 11 Fairfax County companies on the Hispanic Business 500, and their ranking:

- ❖ 21. MicroTech, LLC, Tysons Corner
- ❖ 102. GeoLogics Corporation, Alexandria
- ❖ 114. SCI Consulting Services, Inc., Tysons Corner
- ❖ 117. COnputing TechnologieS, Inc., Fairfax
- ❖ 134. Priority One Services, Inc., Alexandria
- ❖ 138. Kemron Environmental Services, Inc., Tysons Corner
- ❖ 166. Citizant, Chantilly
- ❖ 186. Communications Resource, Inc. (CRI), Tysons Corner
- ❖ 205. NMR Consulting, Inc., Chantilly
- ❖ 424. Engineering, Management & Integration, Inc., Herndon
- ❖ 434. MAC Aerospace Corp., Chantilly

Listed below are the five Fairfax County companies and their rankings based on the 2012 Black Enterprise (BE) magazine list of the 100 largest African American-owned companies in the U.S.

- ❖ 8. Thompson Hospitality, Herndon
- ❖ 51. COMTek (Communications Technologies, Inc.), Chantilly
- ❖ 55. SoBran, Fairfax
- ❖ 61. Metters Incorporated, Tysons Corner
- ❖ 80. InScope International, Reston

Listed below are two of the 50 fastest-growing women-owned companies in North America, according to the Women Presidents' Organization (WPO) and American Express OPEN, the small business division of American Express

- ❖ 10. GCS, Inc., Tysons Corner
- ❖ 36. Ampcus Inc., Chantilly

elected officials, our business leaders and nonprofit partners," Albarado said. "There are many who are willing to provide mentorship and support opportunity. It's an exceptional county indeed."

The FCEDA's Business Diversity Division supports the growth of these enterprises by organizing and hosting workshops that showcase local, state and federal resources available to entrepreneurs and small businesses and by hosting SCORE business counselors. For more information, go to www.fairfaxcountyyeda.org. For more information on Helios HR, and the company's community outreach efforts, go to www.helioshr.com.

Nearly 800 Jobs Added to the Local Economy

Information technology firms and professional service companies see growth.

Information technology firms continue to do well in a sluggish economy, according to a new report from the Fairfax County Economic Development Authority (FCEDA). During the second quarter of 2012, the FCEDA provided services and resources to 33 businesses that are adding almost 800 jobs in Fairfax County.

Most of these businesses are in the information technology and professional services sectors and four are foreign-

based firms using a Fairfax County location to expand in North America.

One of the most prominent announcements during the quarter came from Engility, a government services company that established its headquarters in the Chantilly area of Fairfax County after spinning off from L-3 Communications. Engility will add 50 jobs in addition to its current workforce of 300. Another announcement came from Kaztronix, a staffing company that specializes in the health care, scientific

technology and telecommunications sectors and is creating 57 jobs in the Tysons Corner area of the county.

"We can attribute our success in Fairfax County to multiple factors," said Michael Kasmir, co-founder and president of Kaztronix. "First and foremost, Fairfax County has a high density of evolving technology companies seeking the best and brightest talent, which the county's proximity to major universities makes easily identifiable...From a recruiting perspective,

qualified job candidates have no problem relocating to Fairfax County, given its reputation as a desirable place to live."

"While much of the country and the world is suffering from a weak economy, the FCEDA continues to work with a wide variety of companies that are creating jobs, diversifying Fairfax County's economic base and contributing to the local tax base," said Gerald L. Gordon, president and CEO of the FCEDA.

—VICTORIA ROSS

Vienna Woman Follows a Slippery Slope

Madison grad training for skeleton in winter Olympics

BY DONNA MANZ
THE CONNECTION

Since graduating from Elon University, Veronica Day's life has gone downhill. And well it should be because Day, a Madison High School graduate in 2007 who was track and field three-time All-State, who broke Elon's track and field records and is at the U.S. Olympic Committee's training facility at Lake Placid, honing her skill at "skeleton," a relative of luge and bobsled. She's preparing for the 2014 Winter Olympics in Russia.

"You go into skeleton because you want to compete in the Olympics," Day said. "There's no reason to do skeleton unless you want to go into the Olympics."

If you are unfamiliar with skeleton—and many are—here are some details. The skeleton competitor uses a sled with runners and lies on her stomach, gliding down hills head first at 80 miles per hour. The sled itself weighs 65 pounds.

DAY'S CAREER was born of an inside joke. She and her roommate were watching the Vancouver Winter Olympics on television in 2010 when the two jested that they would build a bobsled team after graduation.

Day was on a full track and field scholarship to Elon when she researched bobsledding through the website of the United States Bobsled and Skeleton Federation [USBSF], the national governing body for those sports. USBSF recruited track and field athletes. And that is what Day, a Vienna native, was.

Bobsleds are very heavy and the bigger the driver is, the easier it is to push. Skeleton fit her size. In her senior year, she decided she wanted to try the sport, though she had never worked at it before.

"I realized I was too small for bobsled," said Day.

After the college track and field season ended, she took a month-long break from



While it is unlikely that Olympic hopeful Veronica Day would be smiling this broadly in competition, she is happy to exhibit her skeleton sled form.



Between training breaks at the U.S. Olympic Committee's Lake Placid training center, Madison High School track and field star Veronica Day comes home to Vienna. With Veronica is one of her biggest supporters, her mom Holly.

competition. Last August, Day participated in her first USBSF "combine" at Lake Placid. The combine consisted of eight events, the most important of which was sprinting. She did "really well," she said, and qualified for USOC training. Her combine score put Day on the Elite Olympic team. Lake Placid is her new home.

There are four circuits internationally a skeleton sledder can race on, Day said. If you don't make it to the Olympics, a skeleton sledder is eligible, but not guaranteed, to race on other circuits. Her 2012 winter at Lake Placid was spent learning the me-

chanics of the sport and competing intersquad. "Pretty much, since I started in January, I won all of those slides," she said.

This coming October, Day will be participating in USOC team trials to determine her circuit placement. She hopes to be racing competitively in winter 2013.

Her new focus is costly. Skeleton sleds cost between \$3,000 and \$10,000. A helmet costs \$700, and runners for the sleds, \$700. Her shoes cost \$300 and her speedsuit cost more than \$100. She has to pay for all her other gear, as well, including exercise gear. She pays her own way to other tracks, from

airlines to hotels. Day says she will be doing a lot of traveling this upcoming winter because she has to learn to drive other tracks.

"If you're ranked USA 1 or USA 2, you get a monthly stipend from the USBSF. If you're USA 3 or 4, you get little. The only thing I get from USBSF is housing and food," Day said.

When Day graduated from Elon University in 2011, she left with a double major—international business and international studies—and as the holder of five school records. She was the university's MVP two times, three-time Southern Conference champion, nine-time All-Conference and the Southern Conference Athlete of the Year. Her parents, she said, always supported her but never pushed her. Her parents made it to every college meet she participated in. The Olympic hopeful from Vienna believes her upbringing served her well.

Day has an exercise regimen designed by her coaches. She works out at the gym three to four hours a day, lifting weights for two hours. Her gym routine does not count the one to one-and-a-half hours of sprinting she does early in the mornings.

It's not just working out that she's strict about, either. Her diet fuels her training. No wheat, including bread or pasta. She figures that about half her diet is protein and the other half vegetables and fruit. When she does eat cereal, she chooses Rice Krispies. "Since I've started watching my diet closely, it's made a huge difference in the quality of my workouts."

WHAT HAPPENS if she does not make it on to the U.S. Olympic Skeleton Team? Day is not deterred by the possibility of failure. She's motivated by the possibility of success. Day likes competing at a high level and believes she has the ability to do so. As long as she likes doing what she does, she feels it would be a waste to stop. She would have regrets because there would always be a "what-if" in the back of her mind.

"You only have one life to live, and if you don't pursue your passion to the fullest, give 100 percent, you'll regret it."

To support Veronica Day's Olympic training, go to www.frostbittenfollies.wordpress.com/

SCHOOL NOTES

Send school notes to vienna@connectionnewspapers.com. Deadline is Friday.

Vienna residents **Esteban Bachelet** (Writing Portfolio), **Lindsay Brents** (Poetry), **Tiffany Duong** (Poetry), **Emma Hastings** (Short Story, Journalism, Science Fiction/Fantasy, Flash Fiction), **Kristina Hu** (Short Story, Flash Fiction, Personal Essay/Memoir, Writing Portfolio, Humor), **Celia Islam** (Flash Fiction) and **Bridget Jamison** (Writing Portfolio) have won regional recognition in the 2012 Scholastic Writing Awards.

Vienna residents **Nicholas A.**

Beede, Lesley A. Harkins, Regan J. Herman, Moira S. Poje, Theresa R. Prentice, Sunjay Sethi and Aydar Z. Shaildayev have been named to the fall 2011 dean's list at Boston University of Boston, Mass.

Alison Luckett of Vienna has received a Silver Award from the Girl Scouts, the highest award a G.S. Cadette can earn. Her Silver Take-Action project involved organizing and teaching a workshop on Greenhouse Gases for elementary students. The Kilmer Middle School 8th grader is the daughter of Al and Clara Luckett.

Navy Seaman Apprentice **Novine Joseph M. Mayuga** recently completed

U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. Mayuga completed classroom and practical instruction on naval customs, first aid, firefighting, water safety and survival and shipboard and aircraft safety. An emphasis was also placed on physical fitness. The 2011 graduate of James Madison High School is the son of Vivian M. and Norlito L. Mayuga of Vienna.

The following Vienna residents have been named to the fall 2011 dean's list at Virginia Tech: **Shyla M. Alford** (hospitality and tourism management), **Ann-Marie D. Callsen** (chemical engineering), **Tierney M. Caputo** (communications), **Hannah**

O. Carlson (university studies), **Daniel S. Cazenias** (civil engineering), **Evan A. Clinton** (electrical engineering), **Jennifer N. Cutri** (sociology), **Katarina M. Engle** (human nutrition, food and exercise), **James F. Flanagan** (international studies), **Rachel L. Franks** (communications), **Rafael E. Gil-Figueroa** (materials science and engineering), **Do Young Gwak** (biochemistry), **Jonathan J. Hu** (general engineering), **Mary Elizabeth F. Jarosz** (human nutrition, food and exercise) and **Erin K. Kavanagh** (sociology).

The following Vienna residents have been named to the fall 2011 dean's list

at Virginia Tech: **Justin M. Kyker** (biological sciences), **In H. Lee** (general engineering), **Michaelanne K. Makuch** (sociology), **Alanna C. Meehan** (finance), **James N. Mills** (communications), **Armaun Mirshamsi** (general engineering), **Caitlin R. Proctor** (civil engineering), **Ji Eun Rhee** (environmental science), **Andrew K. Saunders** (industrial design), **Leah M. Stiegler** (environmental policy and planning), **Megan E. Stolp** (English), **Emily Su** (economics), **Jeroen G. Van Woerden** (chemical engineering), **Peter L. Williams** (finance) and **Joshua A. Yazman** (political science).

Man Charged in Fairfax Homicide

Police arrested a man on Wednesday, Aug. 8 around 1 a.m. in connection with a suspicious death in the 9100 block of Barrick Street in the Merrifield area.

Police responded to a report of a body with apparent stab wounds found in the bathroom of an apartment around 5:15 p.m. Tuesday, Aug. 7. The body was identified as Oscar Rivera, 38, an occupant of the apartment.

Following interviews and further investigation throughout the night, police charged Jose Ivan Lopez Castro, 20, another occupant of the apartment, with murder. He was transported to the Fairfax County Adult Detention Center.

The deceased and suspects are known to each other and police believe there was an altercation between the suspect and victim prior to the victim's death.

The investigation is continuing. Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Community Meetings on Proposed Garage

The Town of Vienna will host two informational community meetings for a proposed parking structure on historic Church Street on Thursday, Aug. 16, 2-4 p.m. and 6-8 p.m. in Town Hall Council Chambers, 127 Center Street S. The public is invited to attend these free, informal community forums to learn more about the proposed project.

The proposed Church Street parking structure at 120 Church Street NW was submitted pursuant to the Public-Private Education Facilities and Infrastructure Act (PPEA) of 2002. In addition to these two community forums, the town will host a special session for Church Street merchants on Wednesday, Aug. 15, 6:30-8:30 p.m. on the site of the proposed garage, 120 Church Street NW. In case of inclement weather, this meeting will be held in Sweet City Desserts, 131-A Maple Ave W. For more information on this project, visit www.viennava.gov/index.aspx?NID=874. No RSVP required.

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METROPOLITAN WASHINGTON AIRPORTS AUTHORITY
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PUBLIC HEARINGS

The Metropolitan Washington Airports Authority is hosting three public hearings to inform and solicit comments from the community about proposed toll rate increases along the Dulles Toll Road beginning in 2013 to support the construction of the Dulles Corridor Metrorail Project and Dulles Toll Road improvements.

These public hearings will be conducted in an open house format, from 5:00 p.m. to 8:00 p.m., as follows:

Thursday, September 6, 2012

Stone Bridge High School - Cafeteria
43100 Hay Road
Ashburn, VA 20147

Wednesday, September 12, 2012

South Lakes High School - Cafeteria
11400 South Lakes Drive
Reston, VA 20191

Thursday, September 13, 2012

Spring Hill Elementary School
8201 Lewinsville Road
McLean, VA 22102

There will be informational exhibits about the Dulles Corridor Metrorail Project, the cost and financing of the Dulles Corridor Metrorail Project, the Dulles Toll Road and potential improvements that may be made to the Toll Road, the revenue anticipated to be raised as a result of the proposed toll rate increases, and how this additional revenue will be spent. Representatives from the Airports Authority will be present to discuss these items.

The public comment period on the proposed toll rate increases will run from August 17 through September 16, 2012. An "On-Line Open House" will be available on the Airports Authority website at www.mwaa.com/tollroad throughout the comment period. It will contain an explanation of the informational exhibits and a comment form. Comments may also be submitted at the public hearings, or mailed during the comment period to: Dulles Toll Road Proposed Toll Rate Increases, 3900 Jermantown Road, Suite 300, Fairfax, VA 22030.

For special assistance for persons with disabilities or limited English proficiency, citizens may call (703) 934-4639 at least 10 days prior to the hearing they wish to attend.

OPINION

Starting School Prepared

First day of school on Sept. 4; local nonprofits provide school supplies and weekend food.

With school beginning in a few weeks, area charitable organizations have been collecting contributions of new backpacks, calculators, other school supplies, money and gift cards and winter coats to help the tens of thousands of truly needy Northern Virginia students.

In Fairfax County alone, more than 40,000 students are poor enough to qualify for subsidized meals, and those students have mostly not had access to those meals over the summer since Fairfax County Public Schools no longer operates summer school.

Working poor families cannot easily outfit one or more children properly for school (think of the cost of a graphing calculator).

“For many families in our area who are working hard but struggling to make ends meet, the prospect of finding the funds to purchase new supplies for their children each year can be stressful,” said Lisa Whetzel, Our Daily Bread’s executive director. The organization

was still \$3,000 and 200 backpacks short of its goal last week. To help, contact Becca Brummett or Jennifer Rose at 703-273-8829 or holiday@ODBFairfax.org, or visit www.ODBFairfax.org.

One organization, Doorways for Women and Children in Arlington, aptly describes the challenges of some of Arlington’s students on its website: “Embarrassed and disappointed that their family can only afford to prioritize necessities as simple as groceries and rent, children living in poverty share a very different schooling experience than many of their peers.”

Arlington Doorways for Women and Families collects money, school supplies, winter coats and more for needy students. Contact Rachel Dove at rdove@doorwaysVA.org or 703-504-9283 or www.doorwaysva.org/donate/seasonal-ways-to-give/backtoschool/

FACETS in Fairfax, which provided more than 300 students with backpacks filled with supplies last year, is collecting school supplies until Aug. 17, and welcomes financial contributions: FACETS Back to School Drive, 10640 Page Avenue, Suite 300, Fairfax. Drop donations between 9 a.m.-5 p.m., Monday-Friday, at 10640 Page Avenue, Suite 300, Fairfax. FACETS also seeks volunteers to help at special events where students will “shop” for their school supplies.

Reston Interfaith encourages residents to drop off Back-to-School-Drive items at Reston

Interfaith Administrative Offices, 11150 Sunset Hills Road, Suite 210, Reston. Contact Alacia Earley, volunteer and drives manager, 571-323-9568.

Northern Virginia Family Services Back to School Drive provides over 2,000 backpacks to youth in pre-K through college. On-site: Sort and organize school supplies, stuff backpacks and help distribute. Donate money or new school supplies at 13926 Metrotech Drive, Chantilly.

On Thursday, Aug. 30, county firefighters will distribute backpacks and school supplies for children throughout Fairfax County. They will distribute approximately 2,000 backpacks, with supplies to school administrators, teachers, and local shelters for children in need.

United Community Ministries also helps local students. Send donations to United Community Ministries, 7511 Fordson Road, Alexandria. Contact 703-768-7106.

Once school begins, some local nonprofits will start a different kind of backpack program, one that provides “weekend backpacks” for these children who might not have enough to eat. The weekend backpacks contain child-friendly foods that are high in nutritional value. Beginning in September, schools will assist in the distribution of these bags.

— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Questioning a ‘War on Women?’

To the Editor:

Recent criticisms of Barbara Comstock’s position on so-called “women’s issues,” and the concomitant accusations of a Republican “war on women” have left me frustrated. Our Constitution does not, and should not, guarantee access to free abortion and contraception. While some may believe that these represent important women’s health issues, others put a much higher priority on treating actual illnesses that afflict many women, such as cancer and heart disease. A great deal of research suggests that both abortion and contraception may increase a woman’s likelihood of suffering from these prevalent life-threatening health problems. Whatever your position, it is extraordinarily unfair and deceptive to characterize those who prioritize health care issues differently as conducting a “war on women” or even as being insensitive to women’s health issues. As a woman myself, I rather prefer to see any government funds or any mandated funds from employers go to help those who need to fight life threatening illness. Moreover, I cherish the freedoms

granted to me by our Constitution and Bill of Rights, which will diminish if the HHS mandate stands.

Believe it or not, there are many women who feel that no employer should be forced to provide abortion, abortifacient drugs, or artificial contraception. Many women note that there is no evidence that any of these things have improved women’s health. On the other hand, much proof exists that they have led to far more problems than they were supposed to solve.

Laura Burke
Great Falls

TJHS Story In Numbers

To the Editor:

The point is that inborn talent is not the real issue for TJHS-level success. Nor is there any educational program magic pill that will solve this. The key is student long-term personal commitment to scholastic achievement and hard work - (the old “20 percent inspiration, 80 percent perspiration” adage).

Since everyone likes statistics so much, the elephant in the room has always been the performance of Asian minority students vis-a-vis the entire FCPS student population - e.g., for 2011/12, Asian: 19 percent

of FCPS vs 64 percent at TJHS; White: 43 percent of FCPS vs 26 percent at TJHS; Hispanic: 22 percent of FCPS vs 2.7 percent at TJHS; Black: 10 percent of FCPS vs 1.4 percent at TJHS. Maybe those Asian students should get with the program and stop working so hard and being so successful. It makes the other ethnicities look bad.

FCPS has already watered down the scholastic admission criteria for TJHS in response to the clamor for increased Hispanic and Black enrollment, and that only resulted in more criticism because of the inevitable drop-off in TJHS student performance levels.

This is a culture contest pure and simple. One culture puts study and commitment to educational goals at the top of life’s responsibilities and diversions. The others, not nearly so much. Change the cultures if you can.

William Smith
Fairfax

TJ on Hot Seat

To the Editor:

TJ (Thomas Jefferson High School) has often been cited as one of the best schools in the country. It has been put on the hot seat for not prioritizing diversification of racial

origins among the students it enrolls. Reading current newspaper reports on the Olympics in England has caused me to question this criticism of TJ. Photos show the three female sprinters representing the USA to be black and photos of the winning eight USA female rowers to be all white. Does this represent mistaken priorities held by our Olympic officials? Should striving for excellence be diluted by a policy of diversification? Should TJ have a quota in the future on accepting Asian students for admission? No easy answer to these valid questions.

Bob Simon
Reston Founder

Putting Aside Politics

To the Editor:

As the mother of a wounded warrior, I am appalled at Del. Barbara Comstock’s (R-34) apparent inability to put aside partisan politics to honor our wounded men and women and their families (“Clemyjontri Park Welcomes Wounded Warriors”, Aug. 1, 2012). The ordinance that wounded the military members and changed

SEE LETTERS, PAGE 7

Vienna & Oakton
CONNECTION

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LETTERS

FROM PAGE 6

their families' lives forever did not consider whether the soldier was a Democrat or Republican. Wearing a Romney t-shirt at the Yellow Ribbon Fund picnic was disrespectful. This was a non-partisan event. Campaigning for Romney, and reportedly bashing President Obama, crossed the line.

Bettina Lawton
Vienna

Hypocrisy at its Finest

To The Editor:

Today, we have an economy that is struggling here in the United States just like in many other countries throughout the world. In order to help those Americans that have lost their jobs due to the worldwide economic downturn, our politicians should be working together to find solutions to this problem. It requires the work of all parties coming together to do this in a bipartisan way. Instead, the Republicans in Congress and the Republican governors throughout the country are spending our tax dollars and wasting their time trying to pass laws that make it more difficult for certain targeted groups of citizens to vote in the upcoming

elections.

This attempt to suppress voter turnout is their way to gain an advantage and it is obvious that they are more interested in voter suppression than helping the American people. Many studies have shown that voter fraud is virtually absent in our voting process here in this country but the Republicans find it expedient to portray this issue in an unfair and untruthful context by exaggerating the issue. They are targeting very specific states which tend to vote more Democratic. How do they justify this in the name of preventing voter fraud?

It is quite ironic that the Republicans have protested creating a national ID card for all citizens saying it was some kind of limit on our freedom while they find underhanded ways to repress the vote because, ostensibly, these voters do not have a proper form of identification. This is all hypocrisy at its finest.

Robert Cox
McLean

Buffalo Soldiers License Plate

To the Editor:

The Northern Virginia Buffalo Soldier Motorcycle Club has been

working persistently for some time to create a license plate to honor and commemorate the legacy of the 9th and 10th Calvary Buffalo Soldiers.

We have been working with the Virginia Department of Motor Vehicles and Del. Mark Keam to help make this possible. Keam has introduced a bill to the Virginia General Assembly (House Bill 1040) for issuance of a Buffalo Soldier commemorative license plate.

The state requires that we acquire 450 prepaid applications at a cost of \$10 per vehicle for regular plates or \$20 for personalized plates. At present we have approximately 100 pre-paid applications ready to submit. However, in a few weeks, we must have all 450 pre-paid applications or as close to 450 as possible. We need everyone's help in making this possible.

For application packets and the proposed design as well as any questions, contact me at mr.tdavis@gmail.com or call 703-629-1174. You may also contact Joan Thomas at joanthomas17@gmail.com or telephone her at 703-586-8466.

Please do not contact the DMV as this plate has not yet been approved; all applications must be submitted as mentioned above.

Terrence L. Davis
Alexandria

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Teaching a Love of Music

Summer Strings Camp culminates in concert.

BY MORGAN SASSER
THE CONNECTION

At the Summer Strings Camp, young musicians come together to share a love of music and gain experience playing in an orchestra. Held at St. Thomas Episcopal Church in McLean, the camp runs for seven days and culminates in a concert to showcase the students' best material.

The camp is directed by Ruth Donahue, who says that she tries to teach the children "a love of music and to have fun while playing."

In accordance with this philosophy, Donahue implements theme days like Messy Monday and Freaky Friday into the camp. She also tries to select pieces that she thinks her students will connect with—for instance, the children were recently thrilled to learn the Olympic theme song.

"She cares about how we feel playing, and really tries to focus on our individual potential and progression," said violinist Lauren Fahlberg, a student at Spring Hill Elementary School, about Donahue.

Summer Strings has been running since 1989, and is sponsored by Music Masters, a local music store. Although the program is only a week long, Donahue says, "it is the perfect amount of time to pull a concert together and keep the students interested."

Violinist and Thoreau Middle School student Elizabeth Wu says that her favorite aspect of Summer Strings is the opportunity to play with a group because, when practicing at home, the students play individually. Along with Fahlberg, Patrick Oh and Laurenn Lee, Wu prepared Mozart's "Musik der Tisch" for the final concert. "We learned to listen to each other," she said.

Many students plan to continue playing in their school orchestras. However, Fahlberg adds, "We all hope that FCPS doesn't shut down the music department. That's a really depressing thought."



Violinist and Thoreau Middle School student Elizabeth Wu, 11, prepares her violin piece for the Summer Strings Camp final concert, held on Aug. 7.



From left, the four students who played Mozart's "Musik der Tisch" in the concert: Patrick Oh, Laurenn Lee, Elizabeth Wu and Lauren Fahlberg.



The students practice collectively for seven days with their instructor, Ruth Donahue.

ENTERTAINMENT

Send announcements to vienna@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

WEDNESDAY/AUG. 15

John Prine and Emmylou Harris. 7:30 p.m., at the Filene Center, 1551 Trap Road, Vienna. \$45 in-house, \$25 lawn. Go to www.wolftrap.com for more information.

This Century + Austin Gibbs + Bandits & Beggars. 7:30 p.m., at Jammin' Java, 227 Maple Avenue E., Vienna. tickets@jamminjava.com.

THURSDAY/AUG. 16

Barry Manilow. 8 p.m., at Wolf Trap, 1551 Trap Road, Vienna. \$35-\$95. Go to www.wolftrap.org for tickets and information.

Girls Book Club. 3 p.m., at Great Falls Library, 9830 Georgetown Pike, Great Falls. Girls 9-12. Call library for book title. 703-757-8560.

Book Discussion. 7 p.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. "Rose" by Martin Cruz Smith. 703-242-4020.

Book Discussion Group. 7:30 p.m., at Great Falls Library, 9830 Georgetown Pike, Great Falls. Call library for book title. 703-757-8560.

FRIDAY/AUG. 17

Barry Manilow. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. \$35-\$95. Go to www.wolftrap.org for more information.

Friday Afternoon Chess Group. 1 p.m., at Great Falls Library, 9830 Georgetown Pike, Great Falls. Players of all ages and all skill levels welcome. 703-757-8560.

SATURDAY/AUG. 18

Tobacco Harvest. 1-4 p.m., at the Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Now that harvest is here, the colonial farm family invites the public to help clean the leaves, gather the cut and split plants and hang them to cure. \$3 for adults, \$2 for children and senior citizens. For more information, call 703-903-9330.

Civil War Weekend. 10 a.m.-4 p.m., at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Watch the military maneuvers of the skirmishes and see re-enactors go through drills, camp routines, perform medical care, artillery and rifle firing and join as a recruit. There will also be a one-act play by a local historian and author. Also on Sunday, Aug. 19, 10 a.m.-3 p.m. \$9 for adults, \$7 for children and senior citizens. For more information call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully.

DC Fest Featuring Mercyme and Third Day. 3 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Also with Sanctus Real, Brandon Heath, Building 429, Kerrie Roberts and Lindsey McCaul. \$20-\$99. Go to www.ticketmaster.com, call 1-800-745-3000 or visit www.patriotcenter.com for tickets.

West Coast Swing Dances. 7 p.m., at Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Second and third Saturday every month. For more information contact 703-759-2685 or www.colvinrun.org.

Mary Chapin Carpenter w/ Special Guest Loudon Wainwright III. 8 p.m., at Wolf Trap, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. www.wolftrap.org.

Master Gardeners Plant Clinic. 10 a.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. Experts available to answer your gardening questions. 703-242-4020.

Plant Clinic hosted by the Master Gardeners. 10 a.m., at Tysons-Pimmit

McLean Teens Got Talent and OFTC's 22nd Anniversary Block Party

Saturday, Aug. 25. 4-10 p.m., at the Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. McLean Teens Got Talent is looking for a few young artists from Fairfax County in 7th-12th grade to participate in the Teens Got Talent show during the OFTC Block Party. Free. Advance registration is required. For more information, call 703-448-8336 or go to www.mcleancenter.org.

Library, 7584 Leesburg Pike, Falls Church. Experts available to answer your gardening questions. 703-790-8088.

SUNDAY/AUG. 19

Alte Kameraden "AUG-toberfest" Concert. 6:30 p.m., at the Village Green bandstand, at Mill and Church Streets, Vienna. Pre-concert "Happy Hour" at the Vienna Inn, from Noon until show begins. Go to www.fairfaxband.org for more information.

Breakfast Buffet. 8 a.m.-Noon, at the Vienna American Legion, 330 Center St. North, Vienna. Adults \$8, children \$3. Omelets, scrambled eggs, blueberry pancakes, bacon and more. 703-938-1379.

Alan Jackson. 8 p.m., Wolf Trap, 1551 Trap Road, Vienna. \$50 in-house, \$35 lawn. www.wolftrap.org.

MONDAY/AUG. 20

Tiny Tot Time. 10:30 a.m., at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Songs, rhymes and activities. Age 13-23 months with adult. 703-356-0770.

Preschool Storytime. 10:30 a.m., at Great Falls Library, 9830 Georgetown Pike, Great Falls. Join for stories, songs and activities. Ages 3-5 with adult. 703-757-8560.

TUESDAY/AUG. 21

Train with Matt Kearney and Andy Grammer. 7 p.m., at the Filene Center, 1551 Trap Road, Vienna. \$48 in-house, \$35 lawn. www.wolftrap.com.

Tuesday Storytime. 10:30 a.m., at Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Stories, songs and activities. Ages 1-2 with adult. 703-790-8088.

Mystery Book Discussion. 6:30 p.m., at Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Call library information desk for book title. 703-790-8088.

WEDNESDAY/AUG. 22

Harvest Wine Dinner. 6:30 p.m., at Wildfire Restaurant, Tysons Galleria, 3rd floor. Five-course menu highlighting fresh local ingredients and wine. \$75/person. Reservations. 703-442-9110.

Teddy Bear Dance Party. 11 a.m., at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Bring your favorite teddy bear and listen to Peter McCarty's one-man band. 703-356-0770.

Dave Koz with BeBe Winans; Special Guest: Average White Band. 8 p.m., at the Filene Center, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. www.wolftrap.com.

THURSDAY/AUG. 23

Frankie Valli & The Four Seasons. 8 p.m., at the Filene Center, 1551



'Must Love Cars' Exhibit at Katie's Coffee

Must Love Cars, an exhibit of mixed media collages by Heidi Mraz, runs until Aug. 31 at Katie's Coffee at The Old Brogue, 760-C Walker Road in Great Falls. Meet the artist during the Cars and Coffee event on Saturday, Aug. 25, from 7-9 a.m., weather permitting.

In a series that includes classic racecars from the 60's and 70's, Mraz's artwork is remarkably polished, especially considering her medium—torn bits of

recycled automotive and fashion magazines. Her clever treatment of materials leads viewers through a visual journey that begins with simple images but quickly shifts to the complex. "It's an experience that is meant to bump viewers slightly off balance," said Mraz. "Once you cross over the line, there is an 'ah-ha' moment between what is perceived and what's actually on my canvas." Free and open to the public. For more information, go to www.HeidiMraz.com.



Trap Road, Vienna. \$45 in-house, \$25 lawn. www.wolftrap.com.

McLean. Enjoy food, wine and jazz. 703-506-4300.

Al Green; Special Guest: Taj Mahal. 8 p.m., at the Filene Center, 1551 Trap Road, Vienna. \$45 in-house, \$25 lawn. www.wolftrap.com.

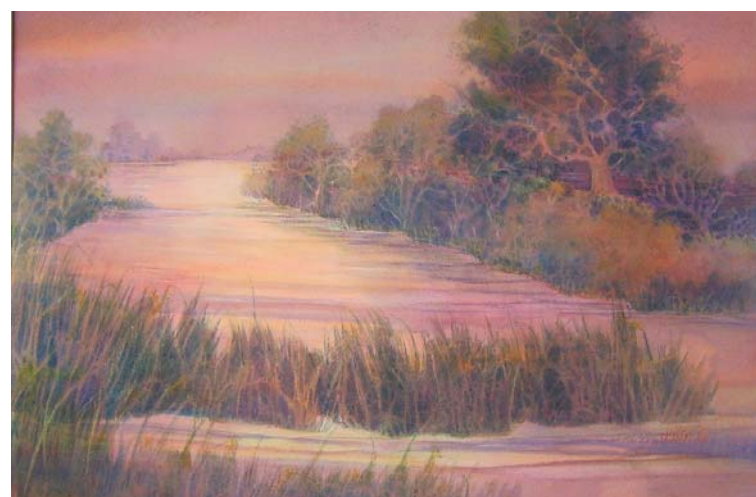
SUNDAY/AUG. 26

Straight No Chaser. 8 p.m., at the Filene Center, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. www.wolftrap.com.

FRIDAY/AUG. 24

Movies in the Park. 8:45 p.m., at Glyndon Park, 300 Glyndon St. N.E., Vienna. "Kung Fu Panda 2." Free. In case of inclement weather, call 703-255-7842 two hours before show time.

The Christopher Linman Jazz Ensemble. 8:30 p.m.-Midnight, at the Wine Bar & Lounge at Entyse, Ritz Carlton, 1700 Tyson's Boulevard,



"Moody River," watercolor by Carol Milton. Featured artist Carol Milton's landscapes are scenes that change dramatically depending on weather conditions, time of day, season. 10 a.m.-4 p.m., Tuesday-Saturday. Vienna Arts Society Gallery on the Village Green, 513 Maple Ave., W., Vienna. www.ViennaArtsSociety.org

22ND ANNIVERSARY

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1775 BROOKSIDE LN	3	2	0	VIENNA	\$1,900,000	Detached	4.09	22182	HOLLY HILLS	04/17/12
2029 GEORGE WASHINGTON RD	6	6	2	VIENNA	\$1,805,000	Detached	0.65	22182	MADRILLON FARMS	05/15/12
1671 HUNTING CREST WAY	5	5	1	VIENNA	\$1,786,175	Detached	1.81	22182	BACHMAN PROPERTY	02/29/12
9603 THISTLE RIDGE LN	5	4	1	VIENNA	\$1,566,500	Detached	0.88	22182	THISTLE RIDGE	06/15/12
207 MCHENRY ST SE	5	5	2	VIENNA	\$1,550,000	Detached	0.46	22180	MC HENRY HEIGHTS	02/21/12
3104 WINDSONG DR	5	5	1	OAKTON	\$1,550,000	Detached	0.83	22124	WINDSONG WEST	05/29/12
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1761 BROOKSIDE LN	5	4	1	VIENNA	\$1,300,000	Detached	1.42	22182	BROOKSIDE EAST	06/15/12
600 KINGSLEY RD SW	5	4	1	VIENNA	\$1,285,000	Detached	0.34	22180	VIENNA WOODS	02/14/12
108 BATTLE ST	5	4	1	VIENNA	\$1,285,000	Detached	0.27	22180	LOWES	04/27/12
3699 WAPLES CREST CT	5	4	2	OAKTON	\$1,275,000	Detached	0.89	22124	WAPLES CREST	05/11/12
8263 TRAILWOOD CT	5	4	2	VIENNA	\$1,265,000	Detached	0.16	22182	MADRILLON MANORS	06/29/12
313 PARK ST	5	4	1	VIENNA	\$1,255,290	Detached	0.35	22180	AYRHILL BERRYS	05/02/12
2009 SPRING BRANCH DR	6	4	1	VIENNA	\$1,250,000	Detached	0.76	22181	WENDOVER	02/21/12
9453 DERAMUS FARM CT	5	4	2	VIENNA	\$1,230,000	Detached	0.44	22182	CIARA ESTATES	06/01/12
10214 CEDAR POND DR	5	4	1	VIENNA	\$1,200,000	Detached	1.08	22182	CEDAR RUN	06/07/12
9003 LUPINE DEN DR	5	4	1	VIENNA	\$1,185,000	Detached	0.49	22182	MANORS AT WOLF TRAP	04/18/12
2650 FIVE OAKS RD	6	4	1	VIENNA	\$1,175,000	Detached	0.77	22181	FIVE OAKS	04/27/12
1549 WELLINGHAM CT	5	4	1	VIENNA	\$1,170,000	Detached	0.23	22182	CARRINGTON	04/16/12
1305 NEWKIRK CT	5	4	2	VIENNA	\$1,169,000	Detached	1.35	22182	WOODLAND ESTATES	06/26/12
9449 BRENNER CT	4	4	1	VIENNA	\$1,152,000	Detached	0.26	22180	BENNETT KILN	05/30/12
9870 PALACE GREEN WAY	4	4	1	VIENNA	\$1,150,000	Detached	0.11	22181	WILLIAMSBURG COMMONS	02/15/12
3 ELAINE CIR SE	5	5	1	VIENNA	\$1,150,000	Detached	0.24	22180	VIENNA WOODS	05/10/12
305 LOCUST ST SE	5	4	1	VIENNA	\$1,145,000	Detached	0.26	22180	VIENNA	02/29/12
911 OLYMPIAN CIR	5	4	1	VIENNA	\$1,143,520	Detached	0.27	22180	VIENNA WOODS	01/18/12
230 MOORE AVE SE	5	4	1	VIENNA	\$1,135,000	Detached	0.27	22180	PAQUETTE SUBDIVISION	03/20/12
408 PARK ST SE	5	4	1	VIENNA	\$1,132,500	Detached	0.25	22180	MURRAYLAND	06/29/12
1488 BROADSTONE PL	5	4	1	VIENNA	\$1,129,000	Detached	0.22	22182	CARRINGTON	02/02/12
103 MOORE AVE	5	4	1	VIENNA	\$1,125,000	Detached	0.24	22180	VIENNA WOODS	04/20/12
801 COTTAGE ST SW	5	4	1	VIENNA	\$1,120,000	Detached	0.25	22180	WEST VIENNA WOODS	02/13/12
9445 BRENNER CT	5	4	1	VIENNA	\$1,095,000	Detached	0.30	22180	BENNETT KILN	05/15/12
10310 CONEJO LN	5	5	1	OAKTON	\$1,090,000	Detached	2.65	22124	HIDDEN ESTATES	03/01/12
11737 SADDLE CRESCENT CIR	4	4	1	OAKTON	\$1,085,000	Detached	0.96	22124	FAIRWINDS	05/30/12
346 WINDOVER AVE NW	5	4	1	VIENNA	\$1,085,000	Detached	0.37	22180	WINDOVER HEIGHTS	05/15/12
9960 VALE RD	6	3	2	VIENNA	\$1,053,500	Detached	0.37	22181	BIGELOW SMITH	03/14/12
11308 WALNUT CREEK CT	5	4	1	OAKTON	\$1,050,000	Detached	0.84	22124	WAPLES MILL MANOR	01/12/12
128 KINGSLEY RD SW	5	4	1	VIENNA	\$1,050,000	Detached	0.23	22180	VIENNA WOODS	01/25/12
10024 CODY CT	7	4	1	VIENNA	\$1,035,000	Detached	0.45	22181	CODY TRACT	06/06/12
2801 RIFLE RIDGE RD	4	4	1	OAKTON	\$1,020,000	Detached	0.46	22124	HUNT VALLEY ESTATES	04/27/12
8437 AMANDA PL	5	4	1	VIENNA	\$1,015,025	Detached	0.18	22180	AMANDA PLACE	06/27/12
8424 TYSONS TRACE CT	5	5	1	VIENNA	\$1,015,000	Detached	0.17	22182	TYSONS TRACE	02/27/12
12182 BRECKNOCK ST	4	4	1	OAKTON	\$1,010,000	Detached	0.96	22124	FOX DEN ESTATES	05/24/12
1278 COBBLE POND WAY	5	4	1	VIENNA	\$1,010,000	Detached	0.58	22182	ESTATES AT GREAT FALLS	06/29/12
8402 TYSONS TRACE CT	5	5	1	VIENNA	\$1,005,000	Detached	0.14	22182	TYSONS TRACE	05/30/12
208 PATRICK ST SW	5	4	1	VIENNA	\$999,999	Detached	0.42	22180	VIENNA WOODS	03/16/12
10308 HICKORY FOREST DR	5	3	1	OAKTON	\$991,000	Detached	0.61	22124	HICKORY HOLLOW FOREST	03/23/12
502 PLUM ST	5	5	1	VIENNA	\$985,000	Detached	0.23	22180	WEST VIENNA WOODS	03/31/12
2305 IDYLWOOD MEWS LN	5	5	0	VIENNA	\$975,500	Detached	0.22	22182	WILLIAMS HILL	04/17/12
10409 DUNN MEADOW RD	4	4	1	VIENNA	\$975,000	Detached	0.86	22182	WOODLAND ESTATES	04/18/12
8254 GEORGE WASHINGTON CT	4	4	1	VIENNA	\$975,000	Detached	0.33	22182	GEORGE WASHINGTON RD	05/08/12
10500 DUNN MEADOW RD	5	4	1	VIENNA	\$975,000	Detached	0.60	22182	ESTATES AT GREAT FALLS	05/16/12
8201 WESTWOOD MEWS CT	4	4	1	VIENNA	\$972,000	Detached	0.27	22182	WOLFTRAP VALE	01/13/12
11739 SADDLE CRESCENT CIR	4	3	1	OAKTON	\$965,000	Detached	0.84	22124	FAIRWINDS	03/22/12
9603 TIMBERVIEW CT	6	3	1	VIENNA	\$960,000	Detached	0.31	22182	STARKS CROSSING	04/16/12
11734 SADDLE CRESCENT CIR	5	4	1	OAKTON	\$950,000	Detached	0.94	22124	FAIRWINDS	02/21/12
2603 HANNAH FARM CT	5	4	3	OAKTON	\$950,000	Detached	0.83	22124	HANNAH HILLS	06/27/12
2220 WOODFORD RD	5	4	1	VIENNA	\$950,000	Detached	0.17	22182	WILLIAMS HILL	06/12/12
9126 OLD COURTHOUSE RD	4	2	0	VIENNA	\$945,000	Detached	2.00	22182	MARTIN	06/26/12
8204 WESTWOOD MEWS CT	4	3	2	VIENNA	\$943,500	Detached	0.22	22182	WOLFTRAP VALE	04/25/12
2217 WOODFORD RD	5	4	1	VIENNA	\$941,000	Detached	0.17	22182	WILLIAMS HILL	02/14/12
1318 CARPERS FARM WAY	4	3	2	VIENNA	\$940,000	Detached	0.51	22182	CARPERS FARM	04/18/12
11446 VALE SPRING DR	5	4	1	OAKTON	\$940,000	Detached	2.69	22124	VALE SPRING WOODS	05/21/12
10310 BRITTENFORD DR	6	4	1	VIENNA	\$940,000	Detached	0.57	22182	HUNTER MILL ESTATES	06/05/12
9608 PEMBROKE PL	5	4	1	VIENNA	\$939,000	Detached				

Time for School

Advice on how to transition from a laid-back summer to a hectic academic year.

BY MARILYN CAMPBELL
THE CONNECTION

When Ellen Feldman's 5-year-old son started school last fall, one of the biggest adjustments for the single mother of two was having to adhere to a schedule.

"All of a sudden we went from being able to do things on our own time frame to having to wake up and be at a certain place at a certain time," said Feldman. "Sending my son off to school for the first time was exciting, but also difficult."

From purchasing school supplies and new clothes to reuniting with friends and leaving home for the first time, the start of a new school year can bring about emotions that range from delight to anxiety.

"Back to school, which is a positive experience, has stress built into it," said Linda Gulyn, a professor of psychology at Marymount University in Arlington, Va. "Any change is stressful, even a positive change. But kids will adapt quickly." The transition, said experts, is more manageable

when parents develop a plan before the first day of classes.

"The more structure parents can give their kids before school starts, the better," said professional organizer Cecilia Anderson, a former teacher and the owner of Splendidly Organized, Inc. in Vienna. "If kids are given total free reign during the summer, they are not going to be in the right mindset for school."

Michele Claeys, associate head and middle school principal at the Norwood School in Potomac, believes that final days of summer break can be an ideal time for an academic brush-up: "There are often skills that aren't used throughout the summer, but are important as school starts. Having children of all ages read as much as possible for pleasure throughout the summer, but also in the days leading up to the start of school, is a good idea because it is a sustained experience where they are focused on something for a long period time." Claeys also recommended giving children an opportunity to discuss their reading with friends.

EXPERTS ALSO SUGGEST

establishing a sleep routine with a consistent bedtime.

"If parents get started a full week ahead of time trying to get children into the routine of being awake and alert for the morning, it gives them a chance to get their bodies adjusted to the schedule that they will have to maintain for the whole year," said Claeys.

Reintroducing a back-to-school morning ritual can be an anxiety-inducing exercise for some, especially after two months without a rigid agenda. According to professional organizers, a tactical plan can make the daybreak drill more pleasant.

"Do as much as you can the night before. For parents who pack their kids lunches, it is important to have things ready to go and put in bags," said Anderson. For children who want the freedom of packing their own lunches, Anderson recommended dividing



PHOTO COURTESY OF SPLENDIDLY ORGANIZED

Cecilia Anderson, a former teacher and the owner of Splendidly Organized in Vienna, encourages parents to begin creating a structured schedule for their children before the start of school.



PHOTO COURTESY OF CLUTTERSOS

Vienna-based professional organizer Susan Unger of ClutterSOS tells parents to create a color-coded calendar that includes each family member's events and activities.

lunch options into food group and allowing children to select one item from each group.

"You want to give your child a balanced meal," she said. "One day there might be tuna sandwiches, and turkey sandwiches on another day, and whatever snack goes along with it like cut-up vegetables. Have those ready to go and in bins and let children choose one thing from each bin. That way kids will have more ownership over their lunches and there will be few complaints."

Don't underestimate the importance of breakfast either: "A child won't have all fac

SEE SCHOOL, PAGE 13

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PHOTOS BY ALEX MCVEIGH/THE CONNECTION

Runners prepare to enter the South Lakes High School track, the final leg of the Reston Youth Triathlon, Sunday, Aug. 12.

Triathletes Swim, Bike and Run in Reston

Second annual youth triathlon raises scholarship funds.

BY ALEX MCVEIGH
THE CONNECTION

Two hundred and fifty children spent their Sunday morning swimming, biking and running around Langston Hughes Middle School and South Lakes High School on Aug. 12 as part of the second annual Reston Children's Triathlon, hosted by the YMCA, Fairfax County, Reston and the Reston Association.

Triathletes, ages 6 to 14, swam, biked and ran various distances depending on their age groups. Six to 8-year-olds swam 50 meters, biked 1.1 miles and ran .7 miles. Nine to 11 year-olds swam 100 meters, biked two miles and ran one mile, while 12 to 14-year-olds swam 150 meters, biked two miles and ran 1.4 miles.

SWIMMERS STARTED at the Ridge Heights Pool and biked along Ridge Heights Road and South Lakes Drive before running to the South Lakes track, where the finish line and cheering families awaited them.

"It was definitely very hard to finish, but my goal was not to have to walk the whole time and I didn't have to," said Stephanie Morgan, 11, of Falls Church. "The swimming might have been the hardest, because at the beginning you feel like you can go on forever, but once you try to get on your bike



Lauren Skinner, 10, of Reston, sprints to the finish line of the Reston Sprint Triathlon, Sunday, Aug. 12.

all soaking wet, you realize there's a lot more to go."

Douglas Janssen, 11, of Ashburn, said running was the toughest part for him.

"Biking and swimming are fun, because they're something you can do and be a little more relaxed," he said. "But running is mostly just for exercise and it's a little boring. And it wears me out more than the other two, so I'm glad it was last."

Herman Smith of Reston says the triathlon has led to several big changes for his daughter, Hannah, 10.

"Signing up for the event helped her learn how to ride a bike without training wheels, it always scared her, but once a few friends signed up, she didn't want to feel left out, and that meant dedicating herself to learning to ride," he said. "Between training for this event and watching the last week of track and field events in the

Olympics, I think she'll be really motivated to ride, bike and swim from now on."

With the event in its second year, some children, such as Gina Tutt's daughter Hailey, 9, used their experience to better prepare.

"Last year she was excited to be doing things with kids, and while she attended a few of the training clinics, it was definitely about having fun," she said. "But as she was getting ready for this year's, she was really dedicated. She was going on practice runs, rides and swims, and checking her times and she even practiced the transitions to shave off as many seconds as she could."

FUNDS RAISED AT THE EVENT went to youth scholarship programs, and 40 of the participants were able to do so because of scholarships that helped them register and get the equipment needed to participate.

"We didn't want people with an interest to not be able to participate because they didn't have the money to get a bike or pay the entry fee, so we were able to provide new bikes and helmets that they can keep," said Larry Butler, RA's director of Parks and Recreation. "We hope this event helps introduce a healthy lifestyle to the kids."

Butler also said he hopes the event would foster future interests.

"With three different activities, hopefully they can find one that they really liked," he said. "And if they find they like the biking, running or swimming, maybe that's something they can keep doing and eventually graduate to our Sprint Triathlon, or Fall Triathlon, in a few years."



Swimmers prepare to start the first leg of the Reston Kids Triathlon at Ridge Heights Pool, Sunday, Aug. 12.



Triathletes begin the biking portion of the Reston Kids Triathlon, Sunday, Aug. 12.



PHOTO COURTESY OF JAMES KECLEY

Science teacher Karen Schulien of the Norwood School in Potomac teaches a group of kindergarten students. Education experts encourage parents to establish a sleep routine before school starts.

Time for School

FROM PAGE II

ulties for learning if they haven't eaten well," said Anderson. "Some kids don't have lunch until 1 o'clock, so to go from 6 a.m. until 1 o'clock without food is tough. They need something that has protein. It doesn't have to be home-cooked eggs. It can be turkey sausages or lunchmeat, but a bag of chips and a monster drink is not a good breakfast."

TO AVOID a last-minute morning search for errant permission slips or stray report cards, Vienna-based professional organizer Susan Unger of ClutterSOS urges parents to create a command center, a central location where all papers that must be signed and retuned to school are kept. She adds that a chart outlining the

morning tasks is another useful tool: "If children have a check list to look at, they can ask themselves, 'Have I brushed my teeth?' or 'Have I combed my hair?'" The night before, choose clothes and put the backpack by the door."

Use a family calendar. "Another important thing is having a calendar that lists activities and sporting events and putting it in a place where everybody can see it and everybody knows the schedule," said Unger. "It also helps

"But I Don't Want to Go to School"

Separation Anxiety and Other Resistances to School

"Separation anxiety is a natural and healthy emotion," said Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington. "Developmental theory will say when children have separation anxiety, it is a sign that they are attached to the parent. That is good sign."

Understanding an older child's resistance to school: "From a psychological point of view, it is important for parents to acknowledge the child's feelings," Gulyn said. "Even if you're looking at your 14-year-old and thinking she's being absolutely unreasonable, you have to say 'I understand how you feel. I get it.' Then the teen feels that they are being respected."

"For a lot of teens, there is a lot of pressure going into school mode, so that is legitimate anxiety. They might be saying, 'I now have three A.P. (Advanced Placement) classes. I have to play volleyball. I have to work part-time. I have all this stuff going on,' so the pressure is real," said Gulyn.

to color-code the calendar, so have one color for each child."

Before heading out to purchase new supplies or clothes for school, organizers suggest taking inventory. "You can see what you already have and what you need and make a shopping list from that," said Unger.

One of the most important components of creating a good start to a new school year is attitude, education experts agree. "Generally, it is helpful if parents help children see school as a fun, happy place where they can be stimulated and learn," said Claeys.

BULLETIN BOARD

To have community events listed in the Connection, send to vienna@connectionnewspapers.com. Deadline is Friday.

WEDNESDAY/AUG. 15

Personalized Computer/Internet Training. 7 p.m., at Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Get help with basic computer skills, using Microsoft Word and Excel and introduction to Internet use. Call the library to sign up for an appointment. 703-790-8088.

Model Investment Club of Northern Virginia. 7 p.m., at Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Learn more about investing following an investment club model. New visitors welcome. 703-790-8088.

THURSDAY/AUG. 16

One-on-One Computer Training. 2 p.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the internet, Word and Excel. Call for an appointment. 703-242-4020.

One-on-One English Practice. 2 p.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. Call for an appointment with an ESL volunteer. 703-242-4020.

eBook/eReader Instruction. 8:15 p.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for an appointment. 703-242-4020.

FRIDAY/AUG. 17

English Conversation Group. 10 a.m., at Patrick Henry Library, 101 Maple Avenue East, Vienna. 703-938-0405.

Cat Adoptions. 6:30-8:30 p.m., at PetSmart, 8204 Leesburg Pike, Vienna. Every Friday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

SATURDAY/AUG. 18

The Vienna Saturday Farmers Market hosts the League of Women Voters to register potential voters. The market is located at the caboose parking lot across from 131 Church Street NE, in Vienna. Additional parking is located at Assembly of God Church (corner of Center and Ayr Hill Road NE—walk down the W&OD trail to the market). For updated information visit [Facebook/Vienna-Farmers-Market](https://www.facebook.com/Vienna-Farmers-Market) or viennafarmersmarket.com.

MONDAY/AUG. 20

Stroke and Osteoporosis Screening. 10:30 a.m., at the Charity Baptist Church, 1328 Spring Hill Road, McLean. Pre-registration is required. www.lifelinescreening.com.
English Conversation. 10:30 a.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for non-native speakers. 703-242-4020.

TUESDAY/AUG. 21

Five Hills Garden Club. 10 a.m., at Vienna Presbyterian Church, 124 Park St., Vienna. Meets third Tuesday of every month. 703-988-9324 or mariansanders@cox.net.

One-on-One English practice. 1:30 p.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. Call for an appointment with an ESL volunteer. 703-242-4020.

Personalized Internet Training.

2:30 p.m., at Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. A 45-minute one-on-one Internet training session with a technology volunteer. Call for an appointment. 703-790-8088.

One-on-One Computer

Tutoring. 3 p.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the internet, Word and Excel. Call for an appointment. 703-242-4020.

Practice your English. 6:30 p.m., at Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. 703-790-8088.

WEDNESDAY/AUG. 22

Personalized Computer/Internet Training. 7 p.m., at Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Get one-on-one help with basic computer skills, using Microsoft Word and Excel and introduction to Internet use. Call the library to sign up for an appointment at 703-790-8088.

THURSDAY/AUG. 23

Greater McLean Chamber of Commerce LeadShare Meeting. 7:30 a.m., at Chesterbrook Residences, 2030 Westmoreland St., Falls Church. LeadShare events will be held the 2nd and 4th Thursday of every month. Register at 267-346-1885.

FRIDAY/AUG. 24

English Conversation Group. 10 a.m., at Patrick Henry Library, 101 Maple Ave., East Vienna. 703-938-0405.

Pokemon League. 3 p.m., at Patrick Henry Library, 101 Maple Ave., East Vienna. Learn and play. Ages 5-12. 703-938-0405.

SATURDAY/AUG. 25

CASA Volunteer Information Session. 11 a.m. - 12 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. The Fairfax Court Appointed Special Advocates (CASA) is hosting an information session to promote awareness and advocacy for neglected or abused children. 703-273-3526 x22 or ekosarin@casafairfax.org.

TJ Michael will be creating balloon art and there will be a "tomato demonstration" at the Vienna Saturday Farmers Market. The market is located at the caboose parking lot across from 131 Church Street NE, in Vienna. Additional parking is located at Assembly of God Church (corner of Center and Ayr Hill Road NE—just a short walk down the W&OD trail to the market). For updated information visit [Facebook/Vienna-Farmers-Market](https://www.facebook.com/Vienna-Farmers-Market) or viennafarmersmarket.com.

ONGOING

New Neighbors League Club (NNLC) of Northern Virginia is looking for women who are interested in meeting new people for fun and friendship. Bridge, mah jong, gardening, quilting and stitching, bible study, bowling, bunco, Southern living dining, movie outings, cards or board games, couples mixers, book club, nursing home sing-a-longs, and more. www.newneighborsvirginia.com.
Join Volunteers for Change, a program for adults which offers more than 50 weekend and evening volunteer opportunities per month. Visit Volunteer Fairfax for orientation dates, at www.volunteerfairfax.org.

A Pill a Day...



By KENNETH B. LOURIE

Hopefully will keep the cancer at bay. (I'd say "away," but let's be realistic, three and a half years past a NSCLC diagnosis, there is no way, generally speaking, that stage IV lung cancer disappears into the ether; it's classified as stage IV for a reason. However, there are many – and varied – non-traditional and not particularly Western and/or A.M.A./American Cancer Society-approved alternatives to fight this insidious disease, many of which, about 20 or so, I have incorporated into my overall treatment regimen. Moreover, if my continuing survival reflects anything, it is an affirmation of what former N.C. State basketball coach Jim Valvano said in 1993, in one of his last public appearances before succumbing to bone cancer, on ESPN's inaugural ESPYs Award show, as the first recipient of the "Arthur Ashe Courage and Humanitarian Award": "Don't give up, don't ever give up." And so I haven't.)

Besides, where's the future in giving up or giving in? That's not to infer that the last few years haven't been incredibly challenging, because they have. Emotionally for sure, physically not quite as much. Although chemotherapy is all it's cracked up to be; some treatment (drugs) were definitely worse (side effects/quality of life) than others. Fortunately for me, amazingly in fact, through it all, I have been relatively asymptomatic with minimal/manageable side-effects and zero hospitalizations. Nevertheless, cancer's reputation as a killer is well-documented and hardly the kind of diagnosis one can ever take with a grain of salt – maybe better taken with a grain of alcohol.

Every day, every doctor's appointment, every scan, every time you have your blood drawn, every change in how you think and how you feel, relate to the undeniable fact (and believe me, I've tried to deny it; it's a good defense/self-preservation mechanism) that you (meaning me) have cancer, and not just a garden variety, but rather the incurable kind, according to my oncologist: stage IV. Defined as metastasized, inoperable, with a "13-month to two-year prognosis." (Given to me late February, 2009.)

But here I am, still. I have outlived my prognosis (but hopefully not my usefulness) by a significant – to me, length of time: years, depending how you calculate. However, does that significance move me closer than ever to the end of my writing all these lines? I don't want to think that, but whatever cancer does to you physically, it's equally bad – in my experience/opinion on your mind/thought process. Thinking straight, thinking clearly, thinking objectively, thinking unselfishly; all become collateral damage as a result of your cancer diagnosis. Fighting through these difficult-to-control emotions is the bane of my existence, an existence I'm lucky to still have. My next CT Scan is in September, two months after I will have been taking my daily "targeted therapy" chemotherapy-type pill. Then I'll know how I really feel. Until then, life goes on. And so far, this pill seems not to be making a bad situation any worse; a non-side effect for which I am extremely grateful.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

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Zones 1, 3.....Tues @ 4:00
Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00
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The Oak Hill/Herndon Connection

Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/Lorton Connection

Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

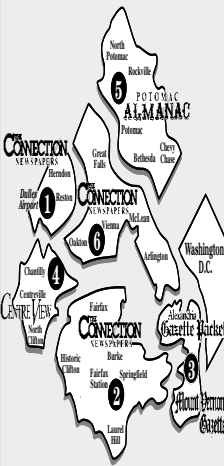
Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

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PHOTOS BY DEB COBB/THE CONNECTION

More than 300 people gathered at the Fairfax Station Sikh temple on Aug. 9 for an interfaith candlelight vigil to honor the victims of the Aug. 5 shooting at the Wisconsin Sikh Temple.

Targeted for Appearance

Jasmine Kang of Vienna, a second year student at the University of Virginia, reflects on hate crimes against Sikhs.

JASMINE KANG



Fairfax County board of Supervisors Chairman Sharon Bulova (D-at-large) and Fairfax County Police Chief David Rohrer were among several community and faith leaders that spoke at the Aug. 9 candlelight vigil held at the Fairfax Station Sikh temple to honor the victims of the Aug. 5 shooting at the Wisconsin Sikh Temple.

Every morning, as my father leaves for work, I worry that something bad will happen to him. This fear is not irrational. Since September 2001, Sikh men, like my father, have been the targets of verbal and physical assaults due to their appearance.

One of the tenets of the Sikh religion requires men to maintain their beard and hair, which is covered by a turban. This is the identity of a Sikh—an identity that is all too often mistakenly connected to terrorism.

The news of the Sunday, Aug. 5 shootings at the Sikh temple in Wisconsin only elevates my fear. Recent events have shown us that terrorism does not have a specific identity and can originate closer to home than we might have thought imaginable. The shooting reminds the Sikh community of the numerous individuals we have lost due to misplaced hate crimes.

Today, there are about 700,000 Sikhs in the United States and the

Washington, D.C. Metro Area is home to a significant portion of this population. Sikh men have been serving in the Armed Forces since World War 1 and are buried alongside fellow Americans at Arlington National Cemetery. Despite being a part of this nation for over 150 years, we are seen as outsiders. In a country of freedom, we fear for our own freedoms.

Sikhs came to this great nation looking for all it has to offer. They were attracted to the opportunity for work, the chance to provide more for their children and the religious freedom.

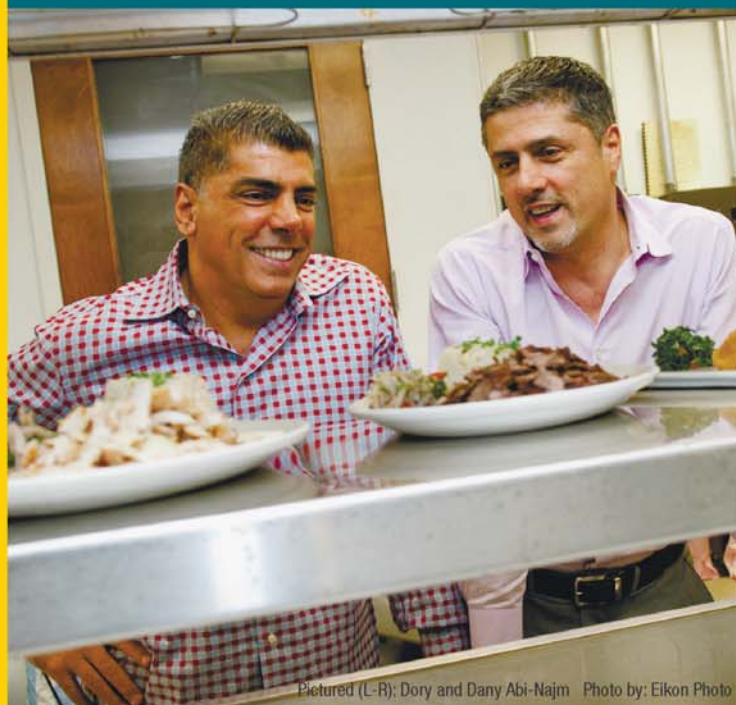
For too long, Sikhs have faced the choice between their religious identity and integration in society in a country that claims to offer

both. This country has made a great stride in allowing Sikh men to serve their country while maintaining their identity, but cases of discrimination and threats are still too common.

Everyday, the identity of Sikh men is challenged in the schools and streets of America. It is unfortunate that it has taken a tragic mass shooting to bring this issue to the nation's attention.

I ask you, my community, to remember the victims of this event, including the courageous policemen who defended their local community members. I ask you to recognize the contributions of Sikhs in our area so that one day, my family and I can feel safe in the nation we call home.

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Pictured (L-R): Dory and Dany Abi-Najm Photo by: Eikon Photo

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